

TRAVELERS' HEALTH

Planning a trip abroad? Before visiting your destination, you may need to get specific vaccinations and medications for vaccine-preventable diseases and other diseases that you may be at risk of catching while there.

Have you scheduled a visit to your doctor or a travel medicine provider?

Ideally, set one up **4 to 6 weeks before your trip**. Most vaccines take time to become effective in your body and some vaccines must be given in a series over a period of days or sometimes weeks.

If it is less than 4 weeks before you leave, you should still see your doctor. You might still benefit from shots or medications and other information about how to protect yourself from illness and injury while traveling.

Are you aware of which types of vaccinations you or those traveling with you may need?

Search your destination on the CDC Travelers' Health Website [here](#) .

Routine: Be sure that you and your family are up to date on your routine vaccinations. These vaccines are necessary for protection from diseases that are still common in many parts of the world even though they rarely occur in the United States. If you are not sure which vaccinations are routine, look at the schedules below.

[AGES 0-6](#)

[AGES 7-18](#)

[Ages 19+](#)

Recommended: These vaccines are recommended to protect travelers from illnesses present in other parts of the world and to prevent the importation of infectious diseases across international borders.

Required: The only vaccine required by International Health Regulations is yellow fever vaccination for travel to certain countries in sub-Saharan Africa and tropical South America. Meningococcal vaccination is required by the government of Saudi Arabia for annual travel during the Hajj.

There may be other health information you should know to help prepare you for your trip, such as food and water safety, avoiding insects, and more. [Search your destination](#) to find this information out.

How the Central District Health Department Can Help!

Currently there is 1 pharmacy in the Hall, Hamiltan, and Merrick Counties that assist travelers' with their vaccinations. They are:

Walgreens Pharmacy

1230 N Webb Road

Grand Island, NE 68803

Phone: (308) 384-2626

[MAP](#)

